

National Safety Council (NSC)

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The National Safety Council is America's leading nonprofit safety advocate – and has been for over 100 years. As a mission-based organization, we focus on eliminating the leading causes of preventable death so people can live their fullest lives. We focus our efforts where we can make the greatest impact: workplace, roadway and impairment.

NSC starts at work – where people put everyday strategies in place to solve problems. We give companies resources workers can actually use around risks they are actually facing, or will be. We create a culture of safety to not only make people safer at work but also because it has the potential to make people safer beyond the workplace. Research shows safer workplaces save money and increase productivity, but more importantly, they create a mindset that values safety.

Winter Safety Tips

TOPIC MENU

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Drive Safely in the Snow

Driving in the winter means changes in the way you drive. Snow, sleet and ice can lead to hazardous road conditions. Prepare your vehicle for the upcoming winter season with [these helpful tips](#).

Avoid Shoveling, Snow blowing Injuries

[Shoveling snow](#) or using a snowblower are among winter's most grueling activities. High levels of activity in cold temperatures put many people at risk of heart attack, especially those that have inactive lifestyles.

Treat Frostbite Immediately

Use first aid to help someone who may have [hypothermia or frostbite](#). Online and classroom courses are available at workplaces and other organizations through NSC. [Download the NSC first aid app](#) and you will be ready to give first aid for frostbite, hypothermia and many other emergencies.

Prevent Carbon Monoxide Poisoning

Carbon monoxide detectors save lives. Every year, [over 400 people die and 50,000 are treated](#) for carbon monoxide poisoning.

The most common symptoms of carbon monoxide poisoning are often described as “flu-like” – headache, dizziness, weakness, upset stomach, vomiting, chest pain and confusion. [Check out our carbon monoxide fact page](#).

Avoid Injuries While Enjoying the Winter Weather

Whether you are [skiing](#), [snowboarding](#), [sledding](#) or skating, take safety precautions like learning basic skills and using the appropriate gear for the sport.

Know the Numbers

Need more facts and stats? See the *Injury Facts* page on [Weather-Related Deaths and Injuries](#).

Winter Safety Tips

Working during winter feels more like survival of the fittest than an everyday challenge. The risks are even tenfold for employees who have to work and drive outdoors. Here are nine winter safety tips that should keep you safe during this trying season.

1. Bring out those hands!

Hold it! Don't remove those gloves or mittens yet. I mean, just think twice before walking outside with your hands in your pockets. Why? Keeping your hands in your pockets increases the risk of you falling or completely losing your balance in case you slip while walking on ice or snow.

2. Mittens VS. Gloves

Gloves sure look fashionable but donning mittens can actually save your life. With your fingers touching each other inside mittens, they generate more body heat than when they're inside gloves.

3. Warm up before shoveling.

Before you get rid of all the snow and ice at your workplace, do some stretching exercises first. You can also march in place or walk for a couple

of minutes. With your muscles all warm, not only will you work more efficiently, you also reduce the risk of injuring yourself.

4. Forget coffee and cigarettes.

Before shoveling or doing any strenuous work, avoid caffeine and nicotine. They increase your heart rate and may cause your blood vessels to constrict.

5. Rock salt + Kitty Litter = Safer walkways

Have some rock salt and kitty litter on hand. Rock salt helps melt the ice on slippery surfaces. Kitty litter can act gives temporary traction.

6. Tin can + Matches + Candle + Paper Cup + Snow = Drinking water

Yes, you read the equation right. Before going on the road, you better prepare a tin can, candle, paper cup, and some matches. Should you get stuck in the middle of the road and run short on water, you can always melt some snow with the supplies above as part of your emergency kit.

7. Warm up before driving off

While it pays to do some stretching exercises before delivering goods or driving to work, you should warm up your vehicle, too. This helps reduce the moisture condensation on the inside of your car windows. Remember, though, not to warm up your vehicle in a closed garage.

8. Six inches equals danger

Be wary of floods. Be doubly cautious of running water that is 6 inches deep or more, or you run the risk of getting swept off your feet.

9. Report those damaged lines!